

The correlation between major dietary patterns and blood lipid composition among children and Adolescents in Qazvin

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Abstract

Studies have indicated the prevalence of dyslipidemia in childhood and adolescence. It has been proven that eating habits, which are usually formed at early ages of childhood or adolescence, could affect people's health later in life. This study aimed to examine the correlation between major dietary patterns and blood lipid composition in children and Adolescents of Minoodar neighborhood of the city of Qazvin. In this study, 324 participants aged between 10 and 18 were selected. The data on person's food intake were collected through a food frequency questionnaire. Venous blood samples were taken from all cases after a 12-hour fasting. By the use of factor analysis method, three dietary patterns were identified. The results showed that there was no significant difference between blood lipid composition and body mass index in quartile of each dietary pattern. By taking age, gender, body mass index, energy intake, and physical activity as confounders and adjusting these confounding factors, also no significant correlation was found between blood lipid and any of those identified dietary patterns. This study showed no significant association between blood lipid composition and any of three identified dietary patterns.

Keywords: Adolescent, Diet, Factor Analysis, Lipids

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